

GUANTANAMO BAY *Gazette*

Vol. 59 No. 28

Friday, July 19, 2002

What's Inside:

Keeping GTMO Clean



GTMO Girl Scouts and Security Personnel from Delta Section spend a hot weekend afternoon cleaning GTMO beaches. See story on page 6.

Taekwando Students Test For Belts



GTMO Taekwando student Mauricio Hilario shows good form as he tests for his Green Belt Stripe. See who else achieved higher belts on page 4.

Guantanamo Bay Kids Get Lessons In Fire Safety



CDC "Swimmer," Grace Lowe takes charge of Firefighter Spence's radio and says "thank you" to Fire Department Personnel for a fun and informative field trip.

See page 5.

Energy Conservation

Check toilets for silent leaks. A leaking toilet can waste up to 200 gallons of water a day.

Water Conservation

Each week this box contains information on Guantanamo Bays' water consumption and the cost of that resource. Help keep GTMO in the black and conserve water. It's one of our most valuable commodities.

**U.S. Naval Base
Guantanamo Bay,
Cuba**

GAZETTE

Commander, Naval Base
CAPT Robert A. Buehn

Chief Staff Officer
CAPT(Sel) Michael Fair

Command Master Chief
CDMCM(AW/SW) Ellen M. Mustain

Public Affairs Officer
JOC Richard Evans

Gazette Editor
JO1 Amy Kirk

This newspaper is an authorized publication for members of the military service stationed overseas. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

Phone: 4502, 4520

Fax: 5279

E-mail:

pao@usnbgtno.navy.mil

GAZETTE On-line:

www.nsgtmo.navy.mil

"Golden" Anchor Gets New Coat of Paint



The Golden Anchor outside Bulkeley Hall gets a sprucing up following the award of another Golden Anchor Retention Award for Naval Station. Kneeling, left to right - IT1 Marjorie Luttrell - MigOps / YN1 Pamela Kaler - Brig. Standing, left to right - Capt.(Sel) Mike Fair - NAVSTA XO / PCI(SW) David Wilson - Post Office / AO1 Fredric Robinson - Ordnance / NCCM(SW) Scott Drenning - CCC / MA1 Walter Zapf - Security / NC1 Erika Stead - CCC / AK1 Robbin Smith - OPS / BMCN(SW) Jack Donohoe - CMC/Acting / YN1(SW) Sonya Schaefer - ADMIN.

Reduce PSC Stress with Smooth Move

The stress experienced during a Permanent Change of Station (PCS) move comes from more than just the move itself. To help you cope with the effects, the Fleet and Family Support Center provides relocation assistance services by offering a workshop called Smooth Move to active duty personnel, U.S. civilian employees, and their families.

The workshop provides the necessary information to process out of Guantanamo Bay. Representatives from Personal Property, Housing, Personnel Support Detachment, Veterinary Clinic, Tricare, and Security cover the required procedures for checkout. The Relocation Assistant Counselor will provide information on relocation stress and the Financial Education Specialist will provide information and tips on how to budget for the move.

The next Smooth Move workshop will be held July 25 at the Fleet and Family Support Center from 8am to noon. This workshop is offered quarterly and members should attend no later than six months prior to detaching from Guantanamo Bay.

All those interested in attending must contact their Career Counselors or contact the Fleet and Family Support center at extension 4141. Spouses are encouraged to attend.

Because of limited seating, sign up now! Remember, July 25 8am, at the FFSC.



Tides Chart - July 2002

Day	Time	Height	Time	Height	Time	Height	Time	Height
20	—	—	0439	0.92	1101	-0.24	1839	1.69
21	0107	0.51	0533	0.86	1155	-0.26	1933	1.74
22	0207	0.49	0627	0.84	1243	-0.25	2021	1.75
23	0255	0.48	0721	0.84	1331	-0.22	2109	1.72
24	0337	0.48	0809	0.85	1419	-0.16	2151	1.67
25	0419	0.47	0857	0.87	1501	-0.08	2227	1.59
26	0455	0.45	0945	0.89	1543	0.02	2303	1.51

Navy Announces High Year Tenure Policy Revision

From Chief of Naval Personnel Public Affairs

The Navy has revised its High Year Tenure (HYT) policy for two paygrades to levels that ensure continued healthy promotion opportunity for rising career-minded Sailors.

The HYT limit for E-4 has been lowered from 12 to 10 years, while the HYT limit for E-6 was lowered from 22 to 20 years. HYT limits for E-5 (20 yrs), E-7 (24 yrs), E-8 (26 yrs), and E-9 (30 yrs) remain unchanged.

Revising HYT limits for E4 and E6 Sailors is estimated to impact approximately 800 first class petty officers and 200 third class petty officers per year.

"Several years ago we were faced with stalled advancement opportunities and needed to give Sailors more time to advance. Our strategy paid off for 794 Sailors with greater than 19 years of service who were promoted to chief petty officer during the past two advancement cycles," said Chief of Naval Personnel Vice Adm. Norb Ryan Jr.

"Our growth in the Top Six, combined with healthy advancement opportunities today, leads me to believe we are on the right path to developing a more experienced force. Now we need to ensure we maintain the same healthy advancement flow for our up and coming career-minded Sailors."

No Sailor affected by the new HYT limits will be required to separate or transfer to the Fleet Reserve (FLTRES) prior to Sept. 30, 2003; affected E4s and E6s may extend up to that date. The revision will be carefully phased-in to minimize the impact on Sailors affected by this initiative. For example:

- E4s who reach the old 12-year HYT limit prior to Sept. 30, 2003 must separate when they achieve 12 years of total active duty naval service.
- E4s who reach the new 10-year HYT limit by Sept. 30, 2003 must separate by Sept. 30, 2003.
- E6s who reach the old 22-year HYT limit prior to Sept. 30, 2003 must transfer to the FLTRES when they achieve 22 years of total active duty naval service.
- E6s who reach the new 20-year HYT limit by Sept. 30, 2003 must transfer to the FLTRES by Sept. 30, 2003.
- All previously approved HYT waivers for E4s and E6s will be honored.

Affected personnel are authorized to compete for advancement in fiscal year 2003: E6s may take the January 2003 CPO exam and E4s may take the September 2002 and March 2003 advancement exams.

See High Year Tenure, page 9

BRIEFS

Girl Scout Meeting - Volunteers Welcome

A meeting for all Girl Scout committee members, leaders and those interested in volunteering is set for Thursday, July 25 in the Girl Scout Room (A10) at the elementary school.

The meeting is open to everyone. If there are some JTF members or others who want to participate, please come. POC is Kerry Kemp w- 72414 or h-5899.

Annual National Night Out set for August 6

The 19th Annual National Night Out crime prevention event is August 6. An expected 33 million people in more than 9,700 communities join forces to promote police-community partnerships; crime, drug and violence prevention; safety; and neighborhood unity.

Last year GTMO won the award for Military Installation Participation, events and activities for the sixth year in a row.

We had a great turnout last year and this year we are again starting out with a parade at 4:30pm. The parade includes all types of emergency vehicles driving through housing to draw visitors out to Cooper Field.

The event kicks off at approximately 5pm with the radio station broadcasting "Open Line" live from Cooper's Field.

Visitors enjoy static displays and booths from Security, the Fire Department, Ambulatory Care, Marine Corps Security Force, Safety, Environmental, DEFY, Tricare, Harbor Patrol, and the Military Working Dogs.

Food is served from approximately 5 to 7pm and includes Hot dogs, hamburgers, chips and soda, all free.

The rock climber and bouncer along with many other games are provided for the younger crowd.

We anticipate everyone leaving with a full stomach, fist full of prizes, cameras full of memories and most of all, with a sense of security!

You Can Quit Now!

For information on the Tobacco Cessation Program call USNH at 72176 or 72944



"It Don't GTMO Better Than This" Cookbook

The AACO is soliciting recipes to be included in the cookbook entitled "It Don't GTMO Better Than This" A taste of Guantanamo Bay, Cuba

If you would like your favorite recipe included, please contact Donna Coakley @ 2072(W) or 7732 (H).

Through August, the AACO takes orders for their 2003 calendars and cookbooks every Friday in front of the Hospital Galley from 11am to 1pm and every Saturday at the NEX from 9am to 2pm.

These are sure to make great holiday gifts! Don't miss out . . . Deadline for submitting recipes and ordering the book is July 31.

GTMO Taekwondo performs Belt Testing Before Summer Break

After nine continuous months of Taekwondo training, instruction and periodic testing, the GTMO Taekwondo program takes a summer break. This break allows the instructors and students to enjoy some needed relaxation vacation and focus on other things in life. **The summer break runs from 23 July to 23 August. Taekwondo classes resume 26 August.**

Instructor Matt Brittle, says that it is common practice for Taekwondo studios to take about a month break from training during the summer. Brittle encourages all students to continue with their training on their own throughout the summer break, so they won't forget all they have learned and are physically ready to start back up with training in August.

Before the summer break, Instructor Matt Brittle with the assistance of Robert Manning, Matt Brittle Jr, and Heather Brittle worked very hard in preparing many students for testing over the past few weeks. Brittle says that even though Instructor Johnny Harper is preparing to PCS in a couple of weeks, he has continued to help instruct the lunch time and kids classes, along with the training of three prospective First Degree Black Belts.

Brittle has relied heavily on his own two children, Matthew Brittle Jr, and Heather Brittle, to assist him with the actual classroom training and teaching of Taekwondo to many of students. Since the classes have grown so large, it takes two or more instructors to provide real quality training to all students.

Instructor Brittle says, that Taekwondo has been a big part of their life, he and his children are truly devoted to the art of Taekwondo and the teaching to other students in the community who want to learn the Korean Martial Arts of Taekwondo.

This dedication and commitment was demonstrated over the past two weekends of 6 July and 13 July. Brittle, with the assistance of Matthew and Heather, tested over 40 students to their next higher belt. Brittle, says that all students, adults and children, showed great confidence and determination in their testing performance, wonderful job to all.

The students who have recently tested and the belts in which they tested for are listed below:

Yellow Belt: Russell Brown, Lyle Clark, Shirley Curry, Heather Gariepy, Krysta Gorrell, John James, Nick Leone, Veronical Sims, Garth Smith, Jermaine Williams.

Purple Belt: Romeo Alpe, Scott Beverly, Lorelle Curry, Cassandra Durham, Rachael Fernald, Emil Ganim, Ronald Haywood, Teshia Houston, Elora Muna, Tony Narvaez, Ernesto Recoder, Roan Smith, Frank Temple.

Purple Stripe Belt: Romeo Alpe, Kyle Gorrell, Tony Narvaez, Ernesto Recoder, Ashley Raymer, Ricky Raymer, Chris Sherwood.

Green Belt: Alex Cheyne, Aaron Gariepy,



To achieve the next higher belt, students had to demonstrate such skills as breaking boards and various punches.

Matthew Schonhoff.

Green Stripe Belt: Mauricio Hilario, Kaitlynn Loop.

Blue Belt: Neal Babb, Sharon Bush, Julie Difraia, Michael Garcia, Michael Johnson.

Blue Stripe Belt: Lynn Raymer.

Taekwondo Student of the Month



Alex accepts the Student of the Month certificate from Assistant Instructor Heather Brittle.

July's Taekwondo Student of the Month is **Alex Cheyne.**

Each month, one student from GTMO's Taekwondo Class is selected as student of the month.

This individual has demonstrated noticeable discipline skills, respect for self and others, focus and determination.

Congratulations, Alex!

CDC Swimmers, Iguanas Tour Fire Station, Learn Fire Safety



Proving that even summers can be filled with learning and valuable experiences the Child Development Center's Swimmers and Iguana classes recently toured GTMO's Fire Department. There they looked at all the trucks, helped unroll fire hoses, watched a video on fire safety, and generally had lots of fun!

Scholarship Opportunity for Guest Workers

Guest Workers: City Colleges of Chicago is now accepting scholarship applications (tuition & books) for the Term I/02-03 beginning August 12, 2002.

Applications are available at the City Colleges office on Chapel Hill. For more information, call 3999

Apply by August 7, 2002

"Vacation" Bible School Rescheduled

The Vacation Bible School as been rescheduled for **Sept. 13 - 15.**

Registration: 8am to 4pm, Monday - Friday at the Chapel Offices or Aug. 17 and 24 at the NEX Atrium.

Volunteer Meetings: July 23 - Chapel Nursery, (Classroom 18) - 6:30pm
August 13 - Fellowship Hall - 6:30pm
August 27 - Fellowship Hall - 6:30pm

For details on the program, please contact 2323.

Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Friday

Liturgy of the Hours & Rosary
(Cobre Chapel) 1700

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective
Prayer (Cobre Chapel) Daily, 24hrs

Protestant Service

Sunday

Services - Main Chapel 1100 & 1930

Camp America 0800

Leeward-Marine Barracks 1430

New Life

(Sanctuary B)

Sunday

Worship Service 1100

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Divine Service 1100

United Gospel

(Sanctuary A)

Sunday

Service 1245

**United Jamacian
Fellowship**

(BLDG. 1036 - Next to Cable Company)

Sunday

Service 1100 & 1830

*Please ask the Faith Group
Representative about Sunday
School Times, Education
Programs, Bible Study, Prayer
Groups, etc. For more details, call
the Chaplain's Office at 2323.*

Groups Spend Saturday Cleaning-up GTMO

Every day, we see neighbors, organizations and co-workers getting involved in activities to help keep our GTMO community clean and beautiful – a better place to live.

Recently, two such groups dedicated a hot Saturday afternoon to the betterment of some GTMO beaches and the environment.

A small group of Girl Scouts traveled across the bay to Leeward and spent two-hours underneath the hot sun cleaning up the area at the end of the runway.

According to Trish Loop, a volunteer with the GTMO Girl Scouts, the group collected at least “100 shoes and bags and bags of plastic bottles.”

After all their hard work, the girls did take some time to have a little fun, too. “After the cleanup, we played in the sand at Hidden Beach and had a great lunch at the galley,” said Loop. “The kids enjoyed the whole day and felt like they accomplished something great, which they did.”

Meanwhile, back over on Windward, a small group of security personnel from Section Delta, along with some of their family members, decided to take it upon themselves to do a group clean up along Cable and Pebble Beaches.

Along with building a little esprit de corps among co-workers, the group managed to help make the beaches a little cleaner, and safer, for groups and families to enjoy. Volunteers quickly learned that each soda bottle, candy wrapper, and small cigarette butt in the sand can add up to many bags of litter.

As we learned in a recent Creature Feature’s article, cleaning up our beaches is not only good for people, but also vitally important for the protection of marine life. Animals can be killed or injured when they become entangled in pieces of marine debris, such as fishing line and six-pack holders, or when they swallow plastic bags, balloons, and other items that they mistake for food.

Through hard work and dedication, these two groups help keep beaches safe and the water clean for the families, residents and wildlife of GTMO, improving the quality of life and ensuring that our beaches remain popular recreation spots for everyone.

The next time you take a trip out the beach, take along a small trash bag to collect any litter and debris that you might see. According to Loop, there is still a lot of trash at the end of the runway on Leeward. If



A group of GTMO Girl Scouts and several volunteers took a trip over to Leeward to clean up trash and debris from the end of the runway.

there are other groups that would like to tackle it, PWD Environmental will provide trash bags and assist if possible. Contact Trish Loop at 4662 ext 204.

Remember, it is everyone’s responsibility to help keep GTMO beautiful.



Helping to keep the GTMO community a little cleaner and safer, Security Personnel from Section Delta, along with some of their family members, spent a few hours under the hot sun picking up trash and debris on Cable and Pebble Beach. Photo by PH2 Wayne Abbott

GTMO Theater Program Receives "Newman's Own Award for Military Community Excellence"

The Honorable John Molino, Deputy Assistant Secretary of Defense (Military Communities and Family Policy), assisted in presenting \$50,000 in grants to 15 various volunteer organizations for their innovative programs to improve military quality of life.

Of particular interest to the Guantanamo Bay community, was the awarding of a \$2,000 grant to the "Missoula Children's Theater for the Students of Guantanamo Bay Cuba."

Submitted by the Healthcare Services Spouses Organization, the program would bring a team of two actor/directors to our isolated location. They would spend a week developing and producing a full-scale musical with 50 to 60 local children as cast members, and expose the children here to the performing arts.

Mr. Molino joined Ken and Tammy Fisher from Fisher House Foundation; Tom Indoe, Chief Operating Officer of Newman's Own; and Dick Howlett, Marketing Director, Military Times Media Group, in a July 10, ceremony at the Pentagon's Hall of Heroes where recipients of "The Newman's Own Awards for Military Community Excellence" were announced.

"This is a great honor for the GTMO community," said Nicky Knighton, who attended the ceremony and received the award. "I have to thank HSSO for submitting a great package."

Knighton explained that the grant money is now turned over to the Parent Teacher Organization (PTO) who are making plans to raise the additional money needed to bring the theater program to GTMO.

"They (Newman's Own Award) gave us the seed money," explained Knighton, who is also a member of the PTO, "It is now up to us to raise the rest. We need to work hard as a community to see this through."

Knighton went on to say that the theater group is visiting the GTMO community this fall.

This is the third year that Newman's Own, Fisher House Foundation (www.fisherhouse.org), and Military Times Media Group (militarycity.com) have jointly sponsored the program which seeks to reward ingenuity and innovation for volunteer organizations working to improve military quality of life. The challenge was straightforward: "Present an innovative plan to improve the quality of life for your military community and receive funding to carry out the plans."

A total of 132 entries were received. Six judges, two from each of the sponsoring organizations, evaluated each entry based on the organization's impact to the respective communities, creativity and innovation. To be eligible, each organization is required to certify that it was a private or nonprofit organization operating with authority of a military installation commander. Every organization submitting an entry receives a certificate of recognition from Paul Newman.

The Newman's Own Award for Military Community Excellence is jointly funded through the sale of Newman's Own products at military commissaries worldwide, Fisher House Foundation and Military Times Media Group. World War II veteran and actor Paul Newman donates all profits from the sale of Newman's Own products to charitable and



Nicky Knighton (front row, second person on left) stands with the other 14 recipients of the Newman's Own Awards for Military Community Excellence.

educational causes. Since 1982, he has donated over \$125 million to thousands of charities. Every purchase of a Newman's Own product at your local commissary benefits Fisher House and programs like the Newman's Own Award. Use your commissary benefit. Not only do you save money, but you also help support these programs in communities across the country.

A list of all Newman's Own grant winners is at www.fisherhouse.org/2002NewmanWinnerRelease.htm

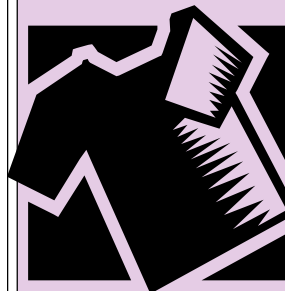
For further information of the Missoula Children's Theater program, contact Knighton at bkknighton@gtmo.med.navy.mil

Elementary School Info



Elementary School Library Hours

**Wednesdays,
10am to 2pm**



**Elementary
School T-shirts
on sale for \$5.
Adult sizes,
too. Call 5803.**

Take a Ride at MWR's Spinning Center

GTMO you've waited such a long time and your patience has been truly tested but the time is at hand. Spinning is here, but are YOU ready to be pushed beyond your physical limits of fitness.

SPINNING - the total ultimate challenge to our mental empowerment, self-discipline and physical abilities. This doesn't require coordination, fancy outfits or money. No, it requires something deeper, more personal, it requires just one step, an open mind and you GTMO walking through the door.

What makes spinning unique? For starters you can't back pedal, which means if your screaming along at a good pace and decide to coast...YOU CAN'T. The pedals keep going, and your feet are forced to continue forward movement. The handlebars are specifically designed to support the weight of each participant that is required for the upper body portion of the workout. Last, and probably most important, is the fact that the class is as much guided meditation with music as it is profoundly hard exercise.

Spinning gives you a great full-body workout, especially throughout the muscles in your legs and buttocks, moreover, the abs and lower back muscles get a heck of a workout by being the supporting structure of the body during the grueling pedaling.

Much of the appeal with spinning classes lies with the effectiveness of the instructor and each rider's willingness to participate rather than anticipate. Our colorful and highly motivated instructors take you through a mental, physical and emotional workout that simulates mountain, hilly terrain, urban road and countryside environments. You are motivated and coached to burn **500 – 800 calories in our 35 – 45 minute** challenging sessions.

This unique fun, fitness and family oriented workout is designed for people of all ages and at all levels of fitness.

Now that we've whetted your appetites, come and join the pack. The program takes place in the comfort and convenience of the newly designed MWR Spinning Center, inside the G.J. Denich Gymnasium.

The spinning class schedule is as follows:

Monday, Wednesday and Friday, 5:30 to 6:30pm and Tuesday and Thursday, 6:30 to 7:30pm.

Special Olympics Torch Run - An Open Invitation to GTMO Residents

On July 20, MWR and law enforcement officers currently assigned to Guantanamo Bay invite all residents of GTMO to participate in the Special Olympics Torch Run in support of the Special Olympics program.

The Torch Run had its inception in Kansas in 1981 when law enforcement officers from Wichita, Kan., developed the idea as a way to aid the Special Olympics Program. It became so successful that it has been embraced by law enforcement personnel and concerned individuals in all 50 states and 30 different countries.

Accordingly, with the high number of law enforcement officers now stationed in GTMO, we feel this event is also highly successful here. There is no entrance fee to enter the run and all runners receive a free T-shirt. Donations are accepted and 100 percent of the funds collected are sent to the Special Olympics.

The Special Olympics Program is an international organization dedicated to empowering individuals with mental retardation to become physically fit, productive and respected members of society through sports training and competition. The Special Olympics offers children and adults with mental retardation year-round training and competition in 26 Olympic-type summer and winter sports.

Two notable law enforcement personnel running are MA1 Cameron Forbes and MA3 Jody Stowers.

Forbes, a reservist assigned to the security department here, is a Corporal with the Harvey, Illinois Police Department. After graduating college from Northwestern University, Forbes worked for two years as a teacher with the Thornton Township High School before starting his career in law enforcement. Forbes has served as the Special Olympics Torch Run Coordinator for the last five years for his Harvey, Illinois Police Department.

Stowers, also a reservist with GTMO security department, is a patrolman with the Lexington-Fayette Urban County Police Department in Kentucky. After graduating from Marshall University in Huntington, WV, Stowers joined the Lexington Police Department in 1996 and has served there as a canine officer. Stowers has participated in the Special Olympics Torch Run for the past six years.

Once again, everyone in the GTMO community is invited and we ask that you come out and support a worthy cause.



More Than One in Four to be Selected as CPO

From Chief of Naval Personnel Public Affairs

This may be the year you put your anchors on because chief petty officer (CPO) advancement quotas are near their highest level since fiscal year 1992.

With a better than one in four overall chance of promotion, this is the first time in many years that every rate's advancement opportunity is above 10 percent.

The selection board, which convened July 8 in Millington, Tenn., will be able to select as many as 4,912 new CPOs, for a 26.68 percent advancement opportunity.

"Promotions will continue to be healthy and competitive as we retain a larger number of our best Sailors," said Chief of Naval Personnel Vice Adm. Norb Ryan Jr. "This positive promotion climate is not by accident. The SECNAV and CNO have made manpower a top priority because we need talented

Sailors for our ships, airplanes and submarines."

Forty of 88 rates have increased advancement opportunity this cycle. Examples of rates offering better than average advancement opportunity include Aviation Ordnanceman (AO) and Boatswain's Mate (BM), both with advancement opportunity greater than 25 percent for FY02, and over 30 percent for FY03, as well as Equipment Operator (EO), with opportunities greater than 13 percent for FY02 and 30 percent for FY03. Steelworker (SW) offers an 11 percent opportunity for FY02, but climbs to 42 percent for FY03. Operations Specialists offers an advancement opportunity of greater than 33 percent for FY02, and 42 percent for FY03.

A complete list of quotas is available at www.bupers.navy.mil, go to "Selection Board" and access the option for FY03 CPO quotas under "Active Duty Enlisted Advancements."

High Year Tenure, from page 3

Master Chief Petty Officer of the Navy (SS/AW) Terry D. Scott explained the reasoning behind this decision, saying "I know there's a perception among our career Sailors in the Fleet that advancement opportunities may be dropping off for those with 10 to 14 years of service.

"However, Sailors in this critical period of their service need to know there is a strong chance to move up into more senior leadership roles. Adjusting High Year Tenure limits will help preserve opportunity," Scott said. "We must be able to continue to offer steady upward mobility and advancement opportunity to all Sailors."

Sailors impacted by the reduced HYT limits and under orders or with an upcoming projected rotation date should contact their rating detailer.

Sailors in critical paygrades, undermanned ratings, or holding specific Navy enlisted Classification Codes (NECs) should submit HYT waiver requests through their chain of command. The approval process takes into consideration several factors including: end strength, community manning (advancement

opportunity and rate readiness), specialty training, scope and billet priority, and quality of life considerations.

"While the waiver process remains an option, another aspect of this policy revision is ensuring fairness by tightening up on all HYT waiver approvals," said Ryan. "We need to preserve future promotion opportunity by enforcing this policy across all paygrades."

Waivers are reviewed by Navy Personnel Command detailers and enlisted community managers (ECM) for all Sailors. Additionally, the MCPON and head ECM review all cases involving Chief Petty Officers.

"Our leadership has asked us to prepare for the long run as we fight the war on terrorism," Ryan said. "Adjusting High Year Tenure gates ensures our operational forces are manned to fight and win and the Sailors involved in the fight have a solid opportunity to advance."

For more information on the revised High Year Tenure Policy refer to NAVADMIN 208/02 at www.persnet.navy.mil/navadmin/nav02/nav02208.txt, and see your command career counselor.

New Hospital Galley Hours

Mon. - Fri.

Breakfast	6:30 - 8am
Lunch	11am - 1pm
Dinner	4:30 - 6pm

Weekends/Holidays

Breakfast	7am - 1pm
Lunch	7am - 1pm
Dinner	4:30 - 6pm

Weekend Breakfast - 7-10am - \$1.60
Weekend Brunch - 10am-1pm - \$3.25.
Questions, call the Hospital Galley at 7-2330/2340 with any questions.

Senior Petty Officer Association Meetings

When:

SPOA meets at 11:30 am on the first and third Friday of each month.
Next meeting: TODAY - July 19th.

Who:

Open to all E-5 and E-6 Navy personnel, including Naval Reserve.

Why:

Support your community and fellow Senior PO's

Where:

Meetings are held in the Windjammer in the upstairs "ACEY DEUCEY" lounge.

Universal Studios Military Recognition Days Aug. 10 thru Sept. 30

Special: 2-day pass with 3rd day free.

Price: \$71.35

Includes City Walk Party Pass.

All 3 days must be within 7 consecutive days of the first day of your visit.

Tickets should be available by July 29.

Contact the NAS Jacksonville

ITT Office (located next to their NEX/Commissary) at (904) 542-3318 for more information.

Sea Stars

Creature Feature

"Creature Features" are submitted by The Guantanamo Bay Environmental Office

By Paul Schoenfeld
Natural Resources Manager

Sea stars, also called starfish although they are not fish at all, are marine invertebrates related to Brittle stars, Sea Urchins, Sea Cucumbers, Sea Lilies, Sand Dollars, and other members of the Phylum Echinodermata, meaning spiny-skin. Like other Echinoderms, sea stars are characterized by radial symmetry and a central mouth. However, sea stars are further subdivided into a class of their own as the true starfish. These true starfish are characterized by having no external differentiation between the arms and central body and move using tube feet instead of by movements of the entire arms.

The tube feet are part of the sea stars' water based vascular system which channels sea water through the body and is used for moving and feeding. This vascular system is a series of canals branching throughout the body and terminating at approximately 2000 tube feet. Movement is accomplished through changes in water pressure inside the sea star's body by actively drawing and expelling water through the tube feet. The tube feet are also used for obtaining food allowing sea stars to use suction for prying shells apart and capturing prey.

Like Brittle stars, sea stars can regenerate lost arms and if the lost arm contains enough of the central body, an entire sea star can be regenerated. Sea stars reproduce sexually by spawning in open water. The larvae are bilaterally (left-right) symmetric and do not show their characteristic radial symmetry until they reach their adult stage. Adults show no signs of old age and can live indefinitely unless killed by accidents, predators, or some other factor.

There are approximately 1500 different species of sea star and perhaps as many different feeding habits. Most sea stars are predators and feed on slow moving or stationary prey such as molluscs, clams, oysters, and barnacles. Some are quite specific with respect to what prey they eat. Others have been known to eat many things including sea birds which dive underwater. Some feed by turning their stomachs out, covering their victim with their stomach and digesting their meal outside of their own body. The crown-of-thorns starfish preys on coral and has been studied for its impact on coral reefs. Cushion stars, the starfish most frequently encountered at GTMO, prey on sponges and will eat the sponge right down to the substrate



Photo by Ron Shimek

it grows on.

Many sea stars are also considered "keystone" predators. Keystone predators actually regulate the species composition of a given community and, if they are removed from that community, a prey species may take over displacing other species and other forms of life which depend on those displaced species. By exerting a level of

control over a given prey population, keystone predators enhance species richness and biological diversity and contribute to the long-term stability of their community. As predators, sea stars have been shown to be among the most important ecological group in the marine environment and studies have found their presence or absence to alter the community structure.

Remember to Recycle

Put out your blue recycling bin every Tuesday and get one ticket per bin. Earn 20 tickets and you can get a free T-shirt. Shirts can be picked up at the Recycling Center.

Forget to put out your bin on Tuesday? No problem. Drop your recyclables off at the Recycling Center, Bldg. 1751. Get \$.05 per can or bottle, as well as a ticket toward a GTMO Recycles T-shirt.

The following items are recyclable:

Plastic Glass, Metal Aluminum, Tin cans (soup cans), Batteries, aerosol cans (whipped cream, paint, cooking spray, hair spray, etc. - we don't want these going to the landfill. They blow up when put in the fire.)

Household Hazardous Waste:

PCSing and don't know what to do with your cleaning supplies, paints, oils. Take them to the Hazardous Waste Facility, Bldg. 850, located across from the Ceramics Shop. You can turn in these items for disposal at no cost to you. We want to make sure they do not end up in our landfill.



FOR SALE

(1) Lynx airfare to Ft. Lauderdale: Two one-way tickets to Ft. Lauderdale. Good until June 2003. Both tickets for \$150.00 plus \$50.00 transfer fee per each ticket. Save almost \$200.00. Interested? Call 5552.

(1) Two 12 X 9 foot rugs for sale. Less than nine months of use and in great shape. One blue, the other beige. Will sell separately or together. \$75.00 each or both for \$125.00. Call 5552

(1) Computer workstation measures: 4" 9" high, 4" 11" wide, and 2" deep. Has two-drawer file cabinet built in, sliding drawer for key board and paper holder and storage, pin board and work light, and other places for organizing papers and envelopes. Desk has a light oak finish. Will sell for \$75.00 or OBO. Call 5552

(1) 4 chairs (Spanish) dining room table with protective glass top and 4 pillar base. Asking \$400.00 or obo. Call Judy at 5518 after 5pm.

(2) Computer table (fair condition). \$50.00 OBO call 2774.

(2) Whirlpool washer. Approx. 3-years old, 2-speed, 7-cycle, 5 temperature controls. Excellent condition \$125.00 OBO, 4961 DWH, 5714 AWH.

(3) In Brand New Condition- Pentium III 800 MHz, 96 MB SDRAM, 56 K Modem, 30 gig Hard Drive, 52x CD, New Internet Headset, Windows & Office XP professional (pre-loaded); HP 640C Deskjet, 15-inch monitor, Smart Force (pre-loaded); Brand New Olympus d-370 1.3 megapixel Digital Camera (with Case and batteries). Accepts Best Offer. Call DWH - 6277 or AWH 5646 or email hueburg@hotmail.com.

VEHICLES/BOATS

(1) 8 x 20 FT. Pontoon Boat with many rod holders. Excellent for fishing and scuba diving. Has sun-deck. Recently reinspected and ready for use. Comes with dual axle trailer. Price, \$2,500. Call 5350 AWH.

(1) 24 ft. SunTracker Pontoon Boat with trailer and 50 HP Johnson engine in very nice condition, one of the nicest private pontoon boats in GTMO. \$5900.00. Call AWH 7718.

(1) E-Z Go Golf Cart with charger, spare tires. Runs well. Asking \$600. Contact Woody at 4526 or 7370.

(2) 1983 Chevy Blazer 4x4. Great Condition- Outstanding Performance -Extremely Reliable. \$2000 OBO.

For info call 7614.

(2) Harley-Davidson Electra Glide Classic, show room condition, loaded, \$17,000. Please Call 7123 AWH.

(2) 20' Hurricane deck boat, center console, strong 90 HP Johnson, loaded, \$5,500. Please call 7123, AWH.

(3) GTMO SPECIAL - Black, 4-spd Toyota Truck. \$600 OBO. Call David at (H) 7390 or (W) 4444.

WANTED

Looking for a used Recliner Chair. Call 3065, leave a message.

Are you a starving artist? I'm looking for someone to do a charcoal or a pen & ink. Interested artist call 5418.

Looking for a reliable local to do some work on my Baldwin/Wurlitzer. Interested call 5418.

Sitter needed for two school age children. Beginning 2003 school year. 7:15 am through 2:30 pm M-F. Great job for local college student, lots of study time. Contact Tammy DWH 4162 x 224, after 5 pm 7185.

Wanted: Small apartment or efficiency in Orlando, FL. Preferably close to UCF. Call JoAnn at 2774 with information.

EMPLOYMENT

A part-time assistant needed at City Colleges of Chicago Office to provide secretarial support, register students, process paperwork, maintain filing system, etc. \$8.25 per hour/20 hours per week/immediate availability. Associate degree and experience are preferred. Bring resume to City Colleges of Chicago Office or call 3999.

LCN is accepting resumes for a full-time Accountant. The candidate must have a bachelor's degree in business, finance or accounting. Please submit your resume at the LCN offices. For more information call 2852.

The following are positions available through the Human Resources Office (HRO).

Open with Closing Date

Medical Records Administration Specialist, closes 07/23/02 Medical Records Technician (AO), closes 07/23/02.

Open to Foreign Nationals Maintenance Mechanic, closes 07/23/02.

Open Continuous Vacancies: Supply Technician, 1st cutoff 12/21/01, closes 12/06/02

For more information contact the Human Resources Division at ext.

4822 or 4430.

The following job opportunities are available at the Navy Exchange.

Full Time - Monday - Friday,
7:30am - 4:30pm

Sales Audit Clerk

F/T - Weekdays, Weekends:

Sales Clerk (jewelry)

Hair Stylist

Flex - Weekdays, Weekends:

Food Service Worker

Maintenance Worker

Cashier-Checker

P/T Weekdays:

Internal Documentation Cash

Control Clerk

Temp - 7am-5pm or noon to 5pm:

Desk Clerk (Navy Lodge)

For details, visit the Navy Exchange Personnel Office or call 4119.

SERVICES

Experienced, Red Cross Certified babysitter available. Call Melissa at 5418.

I'm Red Cross certified and experienced. Need a babysitter call CJ at 5418.

Babysitter -- American Red Cross certified. Call Rhett at 7864 for your child care.

Going away for the holidays or just need help caring for your pet? Your worries are over, two responsible sixth grade students are here to help. We are very experienced and can handle anything. Call 7797 and one of us will be there!

Need a night to yourselves...Red Cross certified and experienced baby-sitters. Call Amanda or Christa @7892.

YARD SALES

Multi-family garage sale Sat July 20th at M102 at 8:00 (Marine Site Housing)

ANNOUNCEMENTS

The Base Chaplains Office is sponsoring a Piano Tuner late summer or early fall. Anyone interested in having their pianos tuned call the Chaplain's office at 2323.

For those of unable to make religious services due to a hectic schedule, there is a site on-line (www.searchthescriptures.org) Click on the link where it says listen to past Sunday's message. This is a bible-based ministry. I have received very positive feedback from those with whom I have shared this site.

The GTMO Association of Fishermen (GAF) is welcoming new members. Meetings are held Thursdays at 7pm

at Pelican Pete's Marina. FMI, show up at the marina or email jbfin@hotmail.com.

Calling Uniformed Services University of the Health Sciences graduates: Your alumni association wants to hear from you to find out what you are doing in Guantanamo Bay Cuba. Write to Sharon Willis (SWillis@usuhs.mil) with any news that you would like to share.

PERSONALS

Family and friends would like to wish a "Happy Birthday" to Francheska Nicole Carrasquillo who turned 5 years old July 18, 2002. We give thanks to God for bringing her into our lives. We love you, God bless and guide you always. — Love, Mommy, Daddy and Jason

Happy 3rd Birthday Deven Marie! We hope your day is wonderful. Love, Mommy, Daddy and James

To the Gitmo community Thank's so much for your support of my family during my recall to active duty. I would just like to thank my Old crew from Housing; Judy - you were like my mom. Thank you for believing in me and giving me a chance, Jim - we ran it well, and no you haven't seen the last of me. Rob, my man - thanks for showing me the other side. Monica - we would have been a great team! Thanks to Capt. (Sel) Fair for your support via email, it really came right on time. UJF - for your spiritual support and prayers. How could I have made without you. DeDe and Paul - good looking out. Bishop! I'll see you on the court. And Old school - keep taking it to the hole baby!!!! Dave Brown

First I would just like to say that I will miss GITMO as a whole. Further, I would Like to sincerely say to my church family UJF I love you all very much and GITMO COMMUNITY IF YOU NEED A PLACE OF WORSHIP TRY OUT A FAMILY OF LOVE UJF. Second I would like to thank My Sister in Christ, Kim Gardner. You will always be in my heart. My Angel and I think Gitmo's Angel Paul McDonald Thanks for everything. Keep smiling - I'll see you in Dec. To my wonderful Ladies at the Youth Center. I say thank you everyday, but I don't think you realize how deeply I mean those words. You stepped in and helped me at a very rough time. I couldn't have done it without you. Lastly, Tommy - my friend, thanks for all the walks and talks. We will be friends forever. Keep going on your almost there (no not work) - smile. Well thanks Gitmo and God bless you all, Vanniecia, David and Deja Brown

SPRIT: STALLION OF THE CIMARRON



Kids/Family,
Western and
Drama
1 hr. 22 min.

The animated adventure of a wild and rambunctious mustang stallion journeying through the untamed American frontier. Encountering man for the first time, Spirit defies being

broken, even as he develops a remarkable friendship with a young Lakota brave. The courageous young stallion also finds love with a beautiful paint mare named Rain on his way to becoming one of the greatest unsung heroes of the Old West.

MR. DEEDS

Comedy/Romance
1 hr. 36 min.

Starring:
Adam Sandler,
Winona Ryder,
Steve Buscemi,
Peter Gallagher,
Jared Harris



Mr. Deeds is a young man from the small town of Mandrake Falls, NH who inherits controlling interest

in a massive media corporation from his deceased uncle. He then starts injecting his small town values into its various businesses.

MINORITY REPORT



Action/Adventure,
2 hrs. 20 min.

Starring:
Tom Cruise,
Colin Farrell,
Samantha Morton,
Peter Stormare,
Max von Sydow

Set in a 2054 Washington D.C. judicial system in which killers are arrested and convicted before

they commit a murder using unique psychic technology. Tom Cruise is the head of this Pre-crime unit and is himself accused of the future murder of a man he hasn't even met.

Movies

FRIDAY, JULY 19

8pm Spirit: Stallion Of
The Cimarron
G - 82min

10pm Unfaithful
R - 124min

SATURDAY, JULY 20

8pm Spiderman
PG13 - 121min

10pm Bad Company
R - 124min

SUNDAY, JULY 21

8pm Sum Of All Fears
PG13 - 120min

MONDAY, JULY 22

8pm Enough
PG13 - 111min

TUESDAY, JULY 23

8pm Minority Report
PG13 - 140min

WEDNESDAY, JULY 24

8pm Mr. Deeds
PG13 - 91min

THURSDAY, JULY 25

8pm About A Boy
PG13 - 101min



What's Happening...

MWR & Law Enforcement Special Olympic Torch Run

July 20

All GTMO Residents are encouraged to support this worthy cause, by aiding The Special Olympic's physically challenged.

Race Begins at 6:30am.

Donations will be accepted.

100% of the proceeds will be sent to The Special Olympics in the name of
U.S. NAVAL BASE
GUANTANAMO BAY, CUBA.

Least Worst Band

July 20 - Performing live at 8pm
on the Bayview Patio

GTMO Queen Fishing Trip

August 2 - GTMO Queen Will Depart the
Bayview Dock at 5pm for
8 hours of fishing

A limited number of rods & reels, bait
and ice will be provided. \$5 per person

A 20-person limit. Bring your own
refreshments and snacks.

FMI call 2345.

Pelican Pete's Marina

Free lessons -

Sailing, Kayak, Daytime and Nighttime
Boat Handling Instruction available.

FMI call 2345.

Marblehead Lanes Bowling Center

Friday - Xtreme Bowling 7pm to 12am
Sunday - Xtreme Bowling 1 to 6pm

Water Aerobics

Monday, Wednesday and Friday
6 to 7pm at Marine Hill Pool

Swimming Lessons

Monday - Thursday
July 29 - August 8 at Deer Point Pool
Call 2193 to sign up

Parent's Night Out

CDC

Saturday, July 20 - 6:30pm to midnight
A reservation fee of \$2.50 is due by
Wednesday, July 17 for your child(ren).
One hour - \$2.50, two hours - \$5.00, and
three or more hours - \$12.00.
For more information, call 3664.

For more information on any of the events
listed above, call 5225.